Have YOU had your NHS Health Check yet?

If you are aged between 40-74 you may be entitled to a free NHS Health Check. To get your NHS Health Check, simply:

- give your GP surgery a call and make an appointment, or
- book it with Everyone Health’s Changepoint Lifestyle Service today at a clinic near you on 0333 005 0093 or [email protected]
- Watch our [video](https://www.nhs.uk/conditions/nhs-health-check/what-happens-at-an-nhs-health-check-new/) to see how just how important having your NHS Health Check could be

Once you’ve had your NHS Health Check, please tell us about your experience by completing this [short and anonymous survey](https://www.smartsurvey.co.uk/s/WMU3V/) to help us improve this service.

What is an NHS Health Check?

The [NHS Health Check](https://www.nhs.uk/conditions/nhs-health-check/what-is-an-nhs-health-check-new/) is a health check-up for adults in England aged 40-74. It’s designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.

An NHS Health Check is a great way to identify health issues early and only takes 20 - 30 minutes. It is a quick, easy and you will get useful advice on how to improve
But don't take our word for it. **Watch** this video to hear how Bernadetta benefited from her NHS Health Check, and how Bernadetta's results had wider benefits for her family too.

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**How do I get an NHS Health Check?**

If you're in the 40-74 age group without a pre-existing condition, you can expect to receive a letter or phone call from your GP inviting you for a free NHS Health Check every five years. Also, in Cambridgeshire, if you’re unable to get to your surgery contact Everyone Health’s ‘Changepoint’ service for NHS health checks offered within community and workplace settings on their dedicated text number: text ‘healthx’ to 66777, call 0333 005 0093 or email [email protected].

In the meantime, there are other ways of getting your health checked, and you may want to try this online Heart Age test.

**How can I improve my test results?**

Once you’ve had your NHS Health Check, your healthcare professional will discuss your results with you. You'll be given advice to help you lower your risk of a stroke, kidney disease, heart disease, diabetes or dementia, and maintain or improve your health. But you don't have to wait until then to make healthy changes. Take the How Are You quiz and start now with these health apps and trackers.

**Have you had your NHS Health Check?**

If so, please tell us about your experience by completing this [short and anonymous survey](https://www.nhs.uk/Conditions/nhs-health-check/Pages/tools-and-technology-that-can-help.aspx).
(https://www.smartsurvey.co.uk/s/WMU3V/) to help us improve this service.